

Instructions after Blepharoplasty

General Instructions

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest and follow a balanced diet.
- Constipation is a side effect of decreased activity, use of pain medicines, and dehydration. Be sure to walk, drink fluids regularly, and consider adding raw fruit to your diet. Take the stool softener as ordered.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin for 2 weeks
- Do not drink alcohol, drive a car, or make important decisions when taking pain medications. Even when not taking pain medications, no alcohol for 3 weeks as it causes fluid retention.
- If you are taking vitamins with iron, resume these as tolerated.
- Do not smoke or be around a smoker. This can be the most significant cause of serious healing issues.
- Sleep with your head elevated 45 degrees for several days to minimize swelling.

Activity Level

- Start walking as soon as possible - this helps to reduce swelling, lower the chance of developing blood clots and/or pneumonia, and avoid constipation.
- Do not drive until you are no longer taking any pain medications (narcotics).
- No working out or heavy lifting for 4 weeks after surgery
- Do not bend your head down below your waist for the first 2 weeks after surgery.
- You can return to work in 7-14 days.

Taking care of your incisions:

- Avoid exposing scars to sun for at least 12 months.
- Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).
- Keep steri-strips on. If steri-strips come off, you can replace them.
- Use cold compresses for the first 48 hours for comfort and to reduce swelling and bruising.
- Your hair can be shampooed anytime after surgery.
- Wait at least 2 weeks before wearing contact lenses.
- You will have sensitivity to sunlight, wind and other irritants for several weeks, so wear sunglasses

Recovery and Medications

- Expect temporary swelling of the eyelids, tightness of lids, bruising, dryness, burning, and itching of eyes.
- Dr. Dawli has prescribed Natural Tears (OTC eyedrops) to be used throughout the day and before bed.
- Dr. Dawli has prescribed antibiotic ointment to apply to your incisions twice a day.
- Bruising and swelling of the eyelids may last 2-3 weeks.
- Healing is a gradual process and your scars may remain slightly pink for 6 months or more.
- Facial makeup can cover up bruising after the sutures are removed.

When should I call the office (716.821.2935)?

- If you have increased swelling or bruising or If swelling and redness persist for a few days.
- If you have increased redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting or constipation.
- If you have an oral temperature over 100.4 degrees.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.